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ABSTRACT OF THE DISCLOSURE

A β -glucan-containing composition which contains β -glucan originating in a microorganism or a basidiomycete. Using the β -glucan-containing composition, β -glucan can be uniformly dispersed in a food without worsening the texture, taste, etc. of the food. A novel microorganism capable of efficiently producing β -glucan, which has a high activity and favorable qualities and is usable as the microorganism-origin β -glucan as described above, at a high production speed from less expensive saccharides such as sucrose.